

Thai Soup - KETO

This soup is quick to make, healthy and boosts your immune system, so a good intake if you are sick. Use only organic goods, otherwise health does not apply!!!

For 4 servings / 2 persons

- 2 onions (finely chopped)
- 3 cloves of garlic (finely chopped)
- 1 fresh chili (cleaned of seeds and finely chopped)
- 2x2 cm fresh ginger (peeled and finely chopped)
- 200 g of mushrooms (oyster hats el. chanterelles are recommended because of less fungal)
- 1 red pepper (cleaned and finely chopped)
- 1 tsp of sugar
- 2 tbsp soy sauce (absolutely only organic)
- 2 tbsp tamari soy sauce (absolutely only organic)
- 1-2 tbsp lime juice
- 2 cans of coconut milk
- 250 ml. bouillon

Extra pift

- 1 tbsp rice wine vinegar (the one you use for sushi rice)
- 1 tbsp balsamic

Topping, If you wish

- 200 g solid tofu (absolutely only organic)
- Bean sprouts
- Spring onions (finely chopped)
- Shirataki noodles (absolutely only organic)

Put the finely chopped onions and garlic in a pot with a little olive oil for a few minutes. Add sugar and stir for a few more minutes. Add the rest of the solid ingredients, then the liquid ones.

Let the soup simmer for about 30 minutes.

If you can't eat it all, don't worry. The soup keeps well in the fridge and gets better the day after.

Enjoy

Savannah

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